

Welcome to the field of Army engineer diving. As an Army engineer diver, you will face many challenges and situations that you may never have dreamed of. Your first challenge will be getting into shape to handle the rigorous physical demands placed upon you—from Day 1—during the selection course. This packet includes a fitness guide with suggested exercises that will help you successfully pass the Phase I selection course. But before we get into your workout schedule, let's take a look at what an Army engineer diver is and does from day to day.

Q: What are the characteristics of an Army engineer diver?

A: An Army engineer diver is mentally tough and physically resilient. A diver works in a cold, dark underwater environment, often with little or no visibility. A diver also works long hours, fights strong currents, uses heavy and cumbersome tools, and cleans the equipment immediately after finishing the dive to get ready for the next dive.

Q: What does an Army engineer diver do?

A: Army engineer divers perform a variety of tasks that help the Army win wars. They conduct reconnaissance of rivers to locate areas where tanks and vehicles can cross, build piers and docking facilities using hydraulic tools, emplace underwater pipelines so our Soldiers can fuel their vehicles, destroy bridges and dams with explosives, and conduct underwater searches for mines and obstacles placed by the enemy to destroy our bridges and boats.

Q: What is day-to-day life like as an Army engineer diver?

A: Each morning you will meet with your selected dive team and conduct physical training, possibly consisting of a 3 to 4 mile run, push-ups, sit-ups, pull-ups, weight lifting, and/or a swim. Occasionally, divers play team sports like water polo and soccer. After morning exercises, you will get cleaned up and report to your platoon area where you will conduct maintenance on equipment such as air compressors, generators, hydraulic pumps, and recompression chambers. Taking care of your equipment is 80 percent of your job and the other 20 percent is the most exciting and challenging work you will ever do.

The following Web site will also provide additional information about Army engineer divers and their missions: http://www.wood.army.mil/577th/diver/index.htm

Being an Army engineer diver is physically challenging, and you must be in excellent shape to qualify during the selection course. The following is the **minimum** required to pass the Phase I Engineer Diver Course.

- Pass the Diver Physical Fitness Test (DPFT)
 - Swim 500 yards using either the breaststroke or sidestroke in 14 minutes or less.
 - Complete 42 push-ups in two minutes or less.
 - Complete 50 sit-ups in two minutes or less.
 - Complete 6 pull-ups from a dead hang.
 - Run 1.5 miles in less than 12 minutes and 45 seconds.
- Swim 1,000 yards using swim fins only (arms are folded behind your back) in less than 21 minutes. This event is tested on a separate day from the DPFT.

The above DPFT events are tested with 2- to 10-minute rest breaks between each exercise. Since the opportunity to swim during basic training is very limited and the selection course lasts 10 days, it is paramount that you begin preparing to become a diver NOW! The following fitness guide assumes that you are currently able to run a 10-minute mile and perform 20 push-ups, 30 sit-ups, and 1 pull-up. Following the fitness guide over the next 4 weeks should help you prepare for success. If you have questions about how to properly perform an exercise, refer to the pictures at the end of the fitness guide.

As always, before beginning any new exercise program, first consult a physician.

Fitness Guide

DAY 1

Warm-up Jog in place for 2 minutes. Stretch your leg and upper-body

muscles.

Push-ups Concentrate on keeping your back straight. Lower your body until

your chest touches the ground (your body must move as one unit).

Do 10 push-ups, rest for 10 seconds, and repeat 5 times.

Sit-ups Keep you hands behind your head. DO NOT pull on your head.

Bend your knees, with the heel of your shoe no more then 10 inches from your buttocks. Do 15 sit-ups, rest for 10 seconds, and

repeat 5 times.

Pull-ups Place your hands approximately shoulder-width apart with your

palms facing away from you. Stand on a chair or stool and gently push with your legs if you need help to pull yourself into a position where your chin is clearly over the bar. Let your upper body do most of the work. Do 1 pull-up, rest for 10 seconds, and repeat 5

times.

Run Find a safe location with clearly marked distances (¼ mile, ½ mile,

etc.). Walk ¼ mile briskly (less than 5 minutes), jog ½ mile (5 minutes), walk ¼ mile briskly (less than 5 minutes), jog ¼ mile (2

minutes and 30 seconds), and walk \(^1\)4 mile briskly.

Cool-down Walk ¼ mile normally. Stretch your legs and upper body, holding

each stretch for a minimum of 60 seconds.

DAY 2 (at a swimming pool or other swimming facility)

Warm-up Same as Day 1.

Flutter kicks Lie on your back with your hands at your side, keeping your legs

straight. Raise your heels approximately 6 inches off of the ground. This is your starting position. Raise your left foot about 3 feet off of the ground. As you start to lower your left foot, begin to raise your right foot 3 feet off of the ground. Keep alternating your feet until you have completed 10 rotations, then return to the

starting position and count to 10. Rest for 30 seconds, and repeat 3

times.

Kicks If possible use a dive mask and snorkel, not goggles. Using your

legs only—with your face in the water—kick to the far side of the pool using a normal flutter kick (25 yards). Rest for 30 seconds,

and repeat 3 times.

Swim Swim 250 yards, using the breaststroke, in less than 9 minutes.

Rest for 1 minute. Swim 250 yards, using the sidestroke, in less than 9 minutes. Rest for 1 minute. Move to the shallow end of the pool. Take a deep breath, place your face in the water, and count backwards from 15 while holding on to the wall. Rest for 1 minute,

and repeat 5 times.

Day 3 Repeat Day 1.

Day 4 Repeat Day 2.

Day 5

Warm-up Same as Day 1.

Push-ups Do 10 push-ups, rest for 9 seconds, and repeat 5 times.

Sit-ups Do 15 sit-ups, rest for 9 seconds, and repeat 5 times.

Pull-ups Do 1 pull-up, rest for 9 seconds, and repeat 5 times.

Stand on a chair or stool and gently push with your legs if you need help to pull yourself to a position where your chin is clearly

over the bar. Let your upper body do most of the work.

Run Walk the first ¼ mile briskly (less than 5 minutes), jog ½ mile (4

minutes and 45 seconds), walk ¼ mile briskly, jog ¼ mile (2

minutes and 15 seconds), and walk ¼ mile briskly.

Cool-down Walk ¼ mile normally. Stretch your legs and upper body, holding

each stretch for a minimum of 60 seconds.

DAY 6 (at a swimming pool or other swimming facility)

Warm-up Same as Day 1.

Flutter kicks Complete 12 rotations of flutter kicks, return to the starting

position, and count to 10. Rest for 30 seconds, and repeat 3 times.

Kicks Kick to the far side of the pool using a normal flutter kick (25)

Swim Swim 250 yards, using the breaststroke, in less than 8 minutes and

30 seconds. Rest for 1 minute. Swim 250 yards, using the sidestroke, in less than 8 minutes and 30 seconds. Rest for 1 minute. Move to the shallow end of the pool. Take a deep breath, place your face in the water, and count backwards from 16 while holding on to the wall. Rest for 1 minute, and repeat 5 times.

Day 7 Do low-impact exercises (such as walking or riding a bicycle) to

stretch your muscles. Rest/relax on this day.

Day 8 Repeat Day 5.

Day 9 Repeat Day 6.

Day 10

Warm-up Same as Day 1.

Push-ups Do 10 push-ups, rest for 8 seconds, and repeat 5 times.

Sit-ups Do 15 sit-ups, rest for 8 seconds, and repeat 5 times.

Pull-ups Do 1 pull-up, rest for 8 seconds, and repeat 6 times.

Stand on a chair or stool and gently push with your legs if you need help to pull yourself to a position where your chin is clearly

over the bar. Let your upper body do most of the work.

Run Walk the first ¼ mile briskly (less than 5 minutes), jog ½ mile (4

minutes and 45 seconds), walk \(\frac{1}{4} \) mile briskly, jog \(\frac{1}{2} \) mile (4

minutes and 45 seconds), and walk ¼ mile briskly.

Cool-down Walk ¼ mile normally. Stretch your legs and upper body, holding

each stretch for a minimum of 60 seconds.

Day 11 (at a swimming pool or other swimming facility)

Warm-up Same as Day 1.

Flutter kicks Complete 13 rotations of flutter kicks, return to the starting

position, and count to 10. Rest for 30 seconds, and repeat 3 times.

Kicks Kick to the far side of the pool using a fast flutter kick (25)

Swim Swim 250 yards, using the breaststroke, in less than 8 minutes and

15 seconds. Rest for 30 seconds. Swim 250 yards, using the sidestroke, in less than 8 minutes and 15 seconds. Rest for 1 minute. Move to the shallow end of the pool. Take a deep breath, place your face in the water, and count backwards from 16 while holding on to the wall. Rest for 1 minute, and repeat 5 times.

Day 12 Do low-impact exercises (such as walking or riding a bicycle) to

stretch your muscles. Rest/relax on this day.

Day 13 Repeat Day 10.

Day 14 Repeat Day 11.

Day 15

Warm-up Same as Day 1.

Push-ups Do 10 push-ups, rest for 6 seconds, and repeat 5 times.

Sit-ups Do 15 sit-ups, rest for 6 seconds, and repeat 5 times.

Pull-ups Do 2 pull-ups, rest for 10 seconds, and repeat 6 times.

Stand on a chair or stool and gently push with your legs if you need help to pull yourself to a position where your chin is clearly

over the bar. Let your upper body do most of the work.

Run Walk the first ¼ mile briskly (less than 4 minutes and 30 seconds),

jog ½ mile (4 minutes and 30 seconds), walk ¼ mile briskly, jog ½ mile (4 minutes and 30 seconds), walk ¼ mile briskly, and run ¼

mile (2 minutes).

Cool-down Walk ¼ mile normally. Stretch your legs and upper body, holding

each stretch for a minimum of 60 seconds.

Day 16 (at a swimming pool or other swimming facility)

Warm-up Same as Day 1.

Flutter kicks Complete 15 rotations of flutter kicks, return to the starting

position, and count to 10. Rest for 30 seconds, and repeat 3 times.

Kicks Kick to the far side of the pool using a fast flutter kick (25)

Swim Swim 250 yards, using the breaststroke, in less than 8 minutes and

15 seconds. Without rest, swim 250 yards, using the sidestroke, in less than 8 minutes and 15 seconds. Rest for 1 minute. Move to the shallow end of the pool. Take a deep breath, place your face in the water, and count backwards from 18 while holding on to the wall.

Rest for 1 minute, and repeat 5 times.

Day 17 Do low-impact exercises (such as walking or riding a bicycle) to

stretch your muscles. Rest/relax on this day.

Day 18 Repeat Day 15.

Day 19 Repeat Day 16.

Day 20

Warm-up Same as Day 1.

Push-ups Do 15 push-ups, rest for 10 seconds, and repeat 5 times.

Sit-ups Do 20 sit-ups, rest for 10 seconds, and repeat 5 times.

Pull-ups Do 2 pull-ups, rest for 10 seconds, and repeat 6 times.

Stand on a chair or stool and gently push with your legs if you need help to pull yourself to a position where your chin is clearly

over the bar. Let your upper body do most of the work.

Run Walk the first ¼ mile briskly (less than 4 minutes and 30 seconds),

jog ½ mile (4 minutes and 15 seconds), walk ¼ mile briskly, jog ½ mile (4 minutes and 15 seconds), walk ¼ mile briskly, and run ¼

mile (2 minutes).

Cool-down Walk ¼ mile normally. Stretch your legs and upper body, holding

each stretch for a minimum of 60 seconds.

Day 21 (at a swimming pool or other swimming facility)

Warm-up Same as Day 1.

Flutter kicks Complete 20 rotations of flutter kicks, return to the starting

position, and count to 10. Rest for 30 seconds, and repeat 3 times.

Kicks Kick to the far side of the pool using a fast flutter kick (25)

Swim Swim 250 yards, using the breaststroke, in less than 8 minutes.

Without rest, swim 250 yards, using the sidestroke, in less than 8 minutes. Rest for 1 minute. Move to the shallow end of the pool. Take a deep breath, place your face in the water, and count

backwards from 18 while holding on to the wall. Rest for 1 minute,

and repeat 5 times.

Day 22 Repeat Day 20.

Day 23 Repeat Day 21.

Day 24 Do low-impact exercises (such as walking or riding a bicycle) to

stretch your muscles. Rest/relax on this day.

Day 25

Warm-up Same as Day 1.

Push-ups Do 20 push-ups, rest for 15 seconds, and repeat 3 times.

Sit-ups Do 30 sit-ups, rest for 15 seconds, and repeat 3 times.

Pull-ups Do 3 pull-ups, rest for 10 seconds, and repeat 5 times.

Stand on a chair or stool and gently push with your legs if you need help to pull yourself to a position where your chin is clearly

over the bar. Let your upper body do most of the work.

Run Walk the first ¼ mile briskly (less than 4 minutes and 15 seconds),

jog 3/4 mile (6 minutes and 15 seconds), walk 1/4 mile briskly, jog 3/4 mile (6 minutes and 15 seconds), walk 1/4 mile briskly, and run 1/4

mile (2 minutes).

Cool-down Walk ¼ mile normally. Stretch your legs and upper body, holding

each stretch for a minimum of 60 seconds.

Day 26 (at a swimming pool or other swimming facility)

Warm-up Same as Day 1.

Flutter kicks Complete 20 rotations of flutter kicks, return to the starting

position, and count to 10. Rest for 30 seconds, and repeat 3 times.

Kicks Kick to the far side of the pool using a sprint flutter kick (25)

Swim

Swim 250 yards, using the breaststroke, in less than 7 minutes and 30 seconds. Without rest, swim 250 yards, using the sidestroke, in less than 7 minutes and 30 seconds. Rest for 1 minute. Move to the shallow end of the pool. Take a deep breath, place your face in the water, and count backwards from 20 while holding on to the wall. Rest for 1 minute, and repeat 5 times.

Day 27

Do low-impact exercises (such as walking or riding a bicycle) to stretch your muscles. Rest/relax on this day. Tomorrow you will take the DPFT and evaluate your progress.

Day 28 (DPFT requirements)

Swim Swim 500 yards in less than 14 minutes using either the

breaststroke or sidestroke. Change into running shorts, shoes, and

shirt, taking no longer than 10 minutes.

Push-ups Do 42 push-ups, touching your chest to the ground every time, in

less than 2 minutes. Rest for 2 minutes.

Sit-ups Do 50 sit-ups in less than 2 minutes. Grab your left shoulder with

your right hand and your right shoulder with your left hand, keep your arms tight against your chest, and curl your upper body

forward until your elbows touch your thighs. Rest for 2 minutes.

Pull-ups Do 6 pull-ups. Do not swing or kick your legs. Do not let go of the

bar until you have completed 6 repetitions with your chin over the bar and back down with your arms straight 6 times. Rest for 10

minutes.

Run Run 1.5 miles in less than 12 minutes and 45 seconds.

After you have completed the DPFT, evaluate your progress. If you still need to improve in some areas, repeat the last few days. Feel free to add a couple of extra repetitions each week and take off a couple of seconds as well. With hard work and dedication, you will show up ready and willing to face the challenges of both Basic Combat Training and the Phase I Engineer Diver Course.

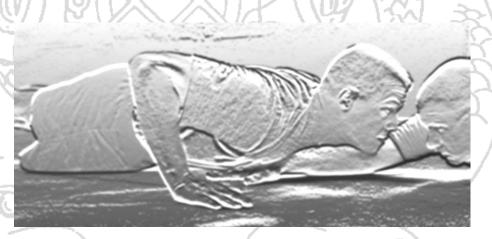
Exercises

Push-Up



In the starting position for the push-up, the hands are approximately shoulder-width apart, the head is up, the body is in a generally straight line, and the arms are extended with the elbows locked out.

In the down position, the chest touches the grader's hand. The elbows and the back of the upper arm are higher than the shoulder blades, the head is still up, and body is in a generally straight line.



Sit-Up

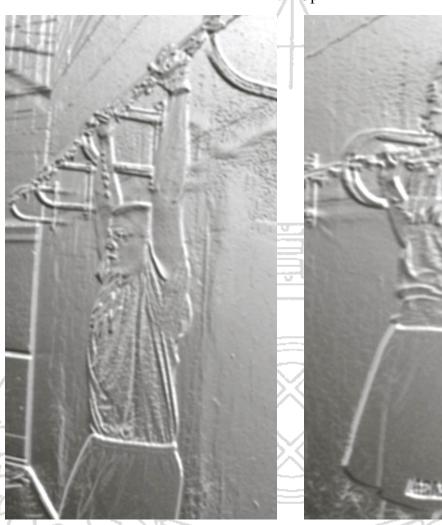
In the starting position for the situp, the arms are crossed in front of your chest with hands grasping your shoulders. The back of the shoulders are touching the ground and the legs are bent with the heel of your shoe no more then 10 inches from your buttocks.

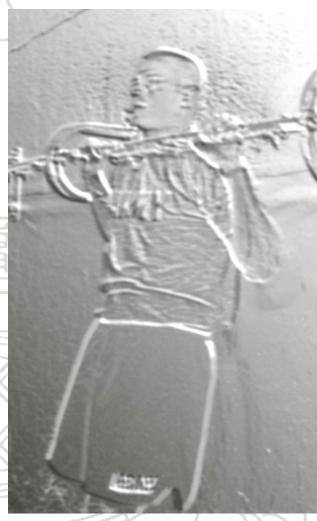




In the up position, the arms stay firmly against the upper body. Raise your head and back up until the elbows come into contact with the thighs, and lower yourself back down until the shoulder blades touch the floor.







Pull-ups start at a dead hang with the palms facing away from you. The legs should be straight and directly below you. Pull your head up until the chin is clearly over the top of the bar. Do not swing your body, kick your legs, or use any other type of momentum to perform this exercise. The repetition is counted out loud by you when your chin is over the top of the bar. Lower yourself back down until your arms are straight and you are once again at a dead hang before starting the next repetition.

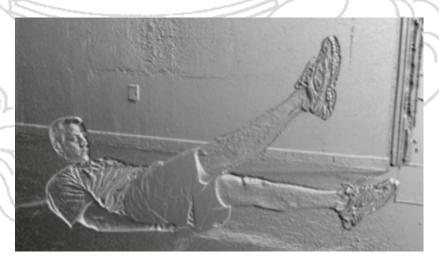
Flutter Kick

Flutter kicks start with the hands under your buttocks, lifting your tail bone slightly off of the floor. Hold your head up and look at your feet. Your legs are straight with the toes pointed at approximately a 45-degree angle. The heels of your shoes are 6 inches off of the floor.

Begin the exercise by raising the left leg about 3 feet off of the floor. As your left leg begins to come back down to the starting position, raise your right leg about 3 feet off of the floor. Lower your right leg and again raise your left leg. As your left leg returns to the starting position, you have just completed one repetition. The repetitions are counted every other time the left foot returns to the starting position. After completing all of the repetitions, return both legs to the starting position and hold them there for at least a count of 10.







1,000-Yard Swim



The 1,000-yard swim is done with your face in the water—breathing through a snorkel, hands clasped behind your back, and wearing swim fins. At the Phase I course, this event will be performed in a pool. However, while at Panama City, Florida, for the Phase II course, this same event will be performed in open water without the benefit of lane lines to help you swim in a straight line. You will also be wearing an emergency buoyancy vest which will slow your speed through the water. At both the Phase I and Phase II courses, you will have a maximum of 21 minutes to complete this event.

Along with your other swimming workout, you should practice being able to tread water with your hands raised out of the water for 2 to 3 minutes.

Good luck and if you have questions, please direct them to this Web site: http://www.wood.army.mil/577th/Diver/index.htm. We are looking forward to seeing you in just a few short months.

If you need help with ways to stretch out after an exercise, consult your recruiter or go to Army Knowledge Online and reference Field Manual 21-20 (Physical Fitness Training) which is the Army's guide to physical fitness.

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